

DINNERLY



Balanced Jamaican Chicken Grain Bowl with Capsicum and Red Onion



30 minutes



2 Servings

Looking for something that's nourishing and tasty all in one bowl? Simply pan-fry chicken in Jamaican spices, cook veggies and a healthy grain blend, then toss with a zingy lime dressing for a taste of the sunny flavours of the Caribbean.

WHAT WE SEND

- 1 capsicum
- 1 red onion
- 1 lime
- 125g rice, quinoa and barley blend ¹
- free-range chicken tenderloins
- 5g Jamaican jerk seasoning ^{1,6,17}

WHAT YOU NEED

- 1 tsp honey
- 1 tbs soy sauce ⁶
- 1¼ tbs olive oil

TOOLS

- small saucepan
- fine grater
- medium frypan

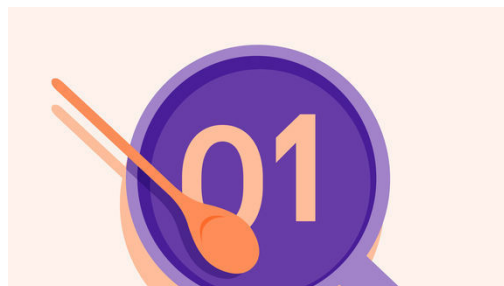
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

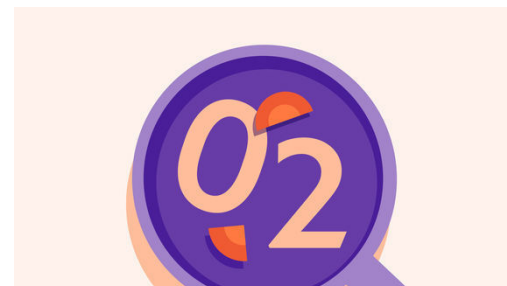
NUTRITION PER SERVING

Energy 550kcal, Fat 13.7g, Carbs 54.0g, Proteins 43.0g



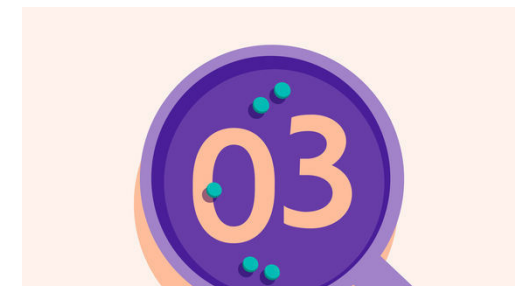
1. Prep ingredients

Bring a small saucepan of water to the boil for the grain blend. Thinly slice the **capsicum** and **onion**. Finely grate the zest of **half the lime**, then juice the half. Cut the **remaining half** into wedges. Put the **lime zest** and **juice** in a small bowl, add **1 tsp honey** and stir to dissolve.



2. Cook grain blend

Cook the **grain blend** in the pan of boiling water for 20-22 mins until tender. Drain. Meanwhile, put the **chicken**, **2 tsp jerk seasoning** and **1 tbs soy sauce** in a bowl and toss to coat.



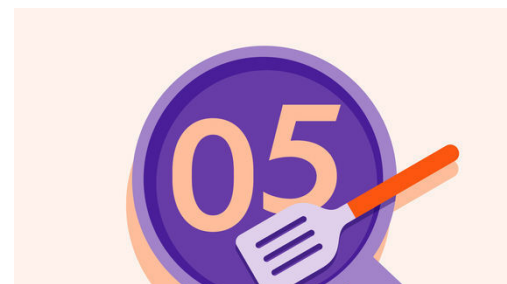
3. Pan-fry chicken

Heat **1 tbs olive oil** in a medium frypan over high heat. Cook the **chicken** for 3-4 mins each side until charred and cooked through. Remove from the pan and rest for 3 mins.



4. Cook vegetables

Heat **1 tsp olive oil** in the pan over high heat. Cook the **capsicum** and **onion**, stirring, for 1-2 mins until tender and slightly charred.



5. Serve up

Add the **grain blend** to the **vegetables** and toss to combine. Divide the **grain mixture** among bowls. Drizzle over the **dressing**, top with the **chicken** and serve with the **lime wedges** to squeeze over. Enjoy!



6. Did you know?

Wholegrains are so good for us, and this delicious blend contains three types of grains: brown rice, black barley and red quinoa – although technically speaking, quinoa is classed as a 'pseudo grain' because it's actually a type of seed. Grains are a great source of protein and dietary fibre.